

- A three month assessor-blinded, randomized, controlled trial (n=75) of meibomian gland dysfunction (MGD) treatment (warm towel, EyeGiene® (Eyedetec Medical Inc., Danville, California, USA) and Blephasteam® (Spectrum Thea Pharmaceuticals LTD, Macclesfield, UK)) was conducted in Singapore.
- 78.3% Blephasteam® participants reported improvement in severity of symptoms compared to 45.5% warm towel participants (p=0.023) after three months.
- 82.6% Blephasteam® patients reported improvement in frequency of symptoms compared to 50.0% of warm towel patients (p=0.020) after three months.
- All treatment modalities did not worsen visual acuity after 3 months.
- These treatments did not change tear break up time, Schirmer test result or number of visibly occluded meibomian glands.

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